



September October 2019

Success

What does it mean to be successful? Miles of shelf space in bookstores and libraries are devoted to defining success and how to achieve it. For our stage of life the definitions seem deficient. What is a successful retirement? This is not only a question for those who *are* retired. It might be more important for those who are *about to be* retired to ask it.

In retirement, success no longer needs to be measured by the yardstick of how others are doing it. There's no winning or losing at the retirement game! Each one of us needs to figure out just how we want to live and be a part of our community.

However, we don't get a free pass on trying to achieve success just because we've reached a certain age. Retiring and living well is still a goal toward which we can all strive. A contributor to living well is living *in community*. As much as we may be attracted to our lounge chair and television set, we just might want to consider getting outside the house. Walking to the store or the Gathering Place can make a huge difference in the way we feel about our Borough, and about our own life! Seeing old friends and making new ones is an added benefit, and may just lead to some more reasons to get out of the house.

If you are looking for some old-school go-get-'em ways of being successful, we have a few of those, too. Check out all the things your Association is up to, and somewhere in there is a job (yes, we can call it that) made just for you!

As the weather gets a little milder, think about ways to come out and be a part of our wonderful community!

Linton Stables

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Need more information?
Do you want to know how to get involved, or where the next meeting is, or who is in charge of the food? Here's a directory of people you can contact.

Gathering Place Linton Stables 610-544-3876 Lstables52@gmail.com

Dew Drop Inn Sue Lawson snlawson48@gmail.com

Receiving or giving a visit Maria Mooney jmooney562@verizon.net

Agging-in-Place Bill Davis 610-529-0399 wmdavis@gmail.com

More information, continued from above

Program ideas and suggestions Linton Stables 610-544-3876 Lstables52@gmail.com

Someone's in the hospital or stuck at home? Maria Mooney jmooney562@verizon.net or Barbara Bernhardt bab7114@aol.com

Women in financial need? Stephanie McDonough samcd112@comcast.net



Swarthmore Senior Citizens Association

P.O. Box 306, Swarthmore, PA 19081



Events

Gathering Place

United Methodist Church
129 Park Avenue

Entertaining, interesting, and informative programs for adults of all ages every Wednesday at noon, with the program starting at 12:30. Bring your lunch and we'll provide beverages and dessert. Or make a small donation and have a cup of soup and some bread. A light lunch is provided on the first Wednesday of each month.

- 9/11 Beth Murray will report on the results of the Town Center Study, begun two years ago and sponsored by the Centennial Foundation, on a new Swarthmore Downtown Revitalization Plan. Lunch will be provided.
- 9/18 Pennsylvania is ranked 31st in the U.S.A. for gender equality. Rebecca Reeves of the New Choices Development Program will share her knowledge and insight about the economic inequality of women right here in Delaware County. Pizza-by-the-Slice will be available.
- 9/25 Todd Strine, Greg Hoy, and Rob Borgstrom will give updates on their learning curve as the new owners of the *Swarthmorean* as well as their plans for the future. Come hear why local news is important. Brown bag lunch.

Dew Drop Inn

7A South Chester Road

Bridge on Mondays, Tuesdays, and Thursdays from 10:00 a.m. to 1:00 p.m.
Games such as chess, Mahjong, canasta, checkers, and Scrabble on Fridays from 10:00 a.m. to 1:00 p.m.

SwarthmoreSeniors.com

- 10/2 Abigail Ferris Masters, program director at Impressions at Bryn Mawr, will speak about dementia: its initial signs and symptoms, management at its early stages, and ways to support caregivers. Lunch will be provided.
- 10/9 We will not meet, honoring Yom Kippur
- 10/16 Yes, it's Fall and time for warm casseroles. Comfort food! Please bring a small-size portion of your favorite casserole and copies of the recipe to share with other hungry and like-minded folks.
- 10/23, Olga Antonyuk, program director of Compeer, will discuss this organization that matches caring adults in one-to-one, co-equal friendships with people of the same gender who are in mental health recovery. This organization, headquartered

Friday Friends

Swarthmore Co-op Café
341 Dartmouth Avenue

Starting on September 13, we'll be getting together every Friday at 2:00 for a beverage and conversation. No program, no agenda, no expectations except to see friends and make some new ones over the summer. Once in a while (and with plenty of notice) we will decamp to the Broad Table Tavern for adult beverages,

- in Swarthmore Borough, does inestimable work in our area. Brown bag lunch.
- 10/30 Dr. William E. Watson is professor of history at Immaculata University and the director of the Duffy's Cut Project. Professor Watson and his brother, recalling a ghost story told them in their youth, set out to find the truth. They discovered a mass grave near Malvern, Pa. This modern-day ghost story will reveal what was found at the site now known as Duffy's Cut. Brown bag lunch.
- Note: Sometimes our programs change after this newsletter is published. Please check our website and the *Swarthmorean* for the most up-to-date information on programs.

so that they are safe for all users. The study is looking at the enforcement issues as well as the problems homeowners face in meeting the requirements. Some homeowners are not even aware of their responsibilities. The committee working on this has drafted a report to the Borough with its findings.

Walks and Trails

Getting out of the house has many benefits for seniors and for everyone else, too! We intended to create a nice walking trail around town and maybe through the College campus, just to entice you to take a walk. Upon investigation, though, we discovered that there is already a large number of walks and trails in our Borough and College, and many of those have maps to guide your way. But some of the maps are out of print, or are available only in one or two locations. Others are out of date. Some don't exist in print at all. Then we thought maybe we would re-print all the maps and guides in a single publication. The problem with that is that these walks and trails change from time to time. Some, like the Library's Storybook Trail in Little Crum Creek Park, change regularly. That's when we came up with the idea for a smartphone app that would include all the walks and trails, with pertinent information for users such as parking, restroom locations, places to eat along the way, benches, whether or not they are dog-friendly, and levels of difficulty. Working with the Swarthmore College Office of Sustainability, we have been assigned a Green Advisor, a student who is helping us create this app. Stay tuned!

Senior Wellness Fair

Getting information that helps us as we grow older is not always that easy. For the last two years the Association has sponsored a Senior Wellness Fair that brings together great speakers, informative organizations and companies, and your neighbors to an all-day event to make information sharing a lot easier. Next year's Wellness Fair is scheduled for Saturday, March 28, 2020, and already promises to out-do the previous Fairs. The theme will be "Expanding Options" and will cover everything from health options to housing options, mental well-being to physical fitness. We'll take over the entire public area of the Inn at Swarthmore and have a full day of presentations, discussions, and exhibits. This year we are consider-

ing adding an area for some real physical activity, at a level that makes you most comfortable, of course. Our third annual Wellness Fair has already attracted a lot of attention from potential exhibitors and speakers!

Dew Drop Inn

Card games, board games, and crafts are the order of the day at the Dew Drop Inn. Bridge, canasta, mahjong... each has its adherents and a group that plays at the Dew Drop Inn at 7A South Chester Road. Since 2005 the Dew Drop has been a fixture on South Chester, with its teapot logo in the window and its acknowledgment of Irma Zimmer and Alice "Putty" Willets as founders. Many people remember watching Sunday afternoon opera telecasts with friends and neighbors. Other board games were a regular occurrence, and the place was open several hours each day to, well, drop in. Coffee was always available (and still is!) and there has always been a revolving display of local artists' work. In the basement there was (and still is) a ping pong table and a small pool table. There used to be computers there for seniors to come and check their email or play computer games. There are historical pictures of Swarthmore on the walls. It was Irma's generous bequest that got the Dew Drop Inn started, and it was the tireless efforts of Putty and a crew of dedicated men and women who created the programs and the friendly atmosphere that invited people through the doors and into a lively community space.

Are you curious? Do drop in and see what's happening at the Dew Drop Inn, which is generally open from 9:00 a.m. to noon, Monday, Tuesday, Thursday, and Friday.

The Gathering Place

You are cordially invited every Wednesday for luncheon programs held from noon to 1:30 at the Swarthmore United Methodist Church, 129 Park Avenue. Begun by Alice "Putty" Willets and the late Irma Zimmer, The Gathering Place features weekly presentations ranging from the latest news about the Borough to local businesses and from health issues to art history and musical performances.

September 2019

Directory of Community Organizations

This online directory can be found on the Borough's website and is a complete compendium of every not-for-profit (and semi-for-profit) organization in the Borough and surrounding communities. There are many reasons we created this resource, the first of which is to get SSCA members—and others—to consider the many ways they can get involved in the community. A printed version is available in the Library.

Emergency Information

The Association worked with the Police Department, the Fire Company, and EMT to develop a way for first responders to have important information to transmit to hospital personnel or to contact next-of-kin or other person when a person in need cannot communicate. A form is available to complete to the extent you feel comfortable, for each person in your home. You can file this form with the Police Department or keep it in your home in a place where the first responders will find it. Information might include a list of medications and allergies, a list of known medical conditions, the fact of pets who might need care, your doctor's name and contact information, your preferred hospital, and an emergency contact person.

Senior Seminars and Events/Town-Gown Interactions

We love to have fun, in addition to learning new things. From time to time we produce a special event such as a silent movie night or a Valentine's Day community concert, or a lecture/discussion series. The themes and topics vary widely and are geared for both general and very specific audiences. One goal is to get townspeople and college students to interact at these events.

Zoning and Land Use Issues

Making our community more hospitable to seniors is one of our goals. By making revisions to the Planning and Zoning codes the Borough encourages housing to be much more affordable and convenient for seniors (and others) and provides a way for people to live in the community for longer portions of their lives. The Borough has changed the codes to allow in-home caregiver living units, and also to allow several unrelat-

ed seniors to live together in a single-family home. Other changes are being considered.

Nether-Swarthmore TimeBank

Nothing builds a community faster or more strongly than getting people to help other people out. Everyone in our community (yes, EVERYONE!) has something they can share with others: time, talents, and companionship, among others. The TimeBank is a way for people to connect their needs with those who can help meet them, and connect their own talents with those who could use them. With nearly 170 members so far (the TimeBank is only about a year and a half old) and many hundreds of hours exchanged, the Nether-Swarthmore TimeBank is turning out to be not only useful, but fun! There are community events on a quarterly basis where meeting your neighbors is task number one!

Travels

A trip to the museum is fun, but even more fun if you do it with friends. SSCA has arranged monthly trips to museums, gardens, house museums, a baseball game, a potato chip factory, and the state capital. These trips can generally accommodate 14 people, though we have taken more using a larger bus or supplementing our usual bus (courtesy of the Swarthmore Presbyterian Church) with passenger cars. Transportation, entrance fees, and sometimes lunch are included. We are asking for a \$10 registration fee, non-refundable, for each trip, payable on the SSCA website.

Sidewalks

Have you noticed that some sidewalks are very nicely maintained with no cracks or upheaval, and cleared of snow and leaves on a regular basis? And then there are others that are not so well maintained? Whose responsibility is that, and how are they supposed to make it happen? Those questions are the subject of a study being done by the Association, with recommendations to be made to the Borough Manager and Borough Council. The Borough government has been pretty diligent lately about sidewalk inspections. The repairs are the responsibility of each property owner. Cracked and dangerous sidewalks are marked and a citation is given. Most homeowners make the repairs and reopen the sidewalks

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	2 10:00 DDI bridge	3 10:00 to noon DDI bridge	4 1:00 Board Mtg 2:00 at Co-op Summer Gathering	5 10:00 to noon DDI bridge	6 10:00 to 1:00 DDI board games 10:30 DDI Canasta	7
8	9 10:00 DDI bridge	10 10:00 to noon DDI bridge	11 11:00 Board Mtg Noon GP: Downtown Revitali- zation	12 10:00 to noon DDI bridge	13 10:00 to 1:00 DDI board games 10:30 DDI Canasta 2:00 Co-op Friends	14
15	16 10:00 DDI bridge	17 10:00 to noon DDI bridge	18 Noon GP: Gender Equality	19 10:00 to noon DDI bridge	20 10:00 to 1:00 DDI board games 10:30 DDI Canasta 2:00 Co-op Friends	21
22	23 10:00 DDI bridge	24 10:00 to noon DDI bridge	25 Noon GP: Swarthmorean	26 Rose Valley Museum trip 10:00 to noon DDI bridge	27 10:00 to 1:00 DDI board games 10:30 DDI Canasta 2:00 Co-op Friends	28
29	30 10:00 DDI bridge	1 10:00 to noon DDI bridge	2 11:00 Board Mtg Noon GP: Knowing Dementia	3 10:00 to noon DDI bridge	4 10:00 to 1:00 DDI board games 10:30 DDI Canasta 2:00 Co-op Friends	GP = Gathering Place DDI = Dew Drop Inn

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Sun	Mon	Tue	Wed	Thu	Fri	Sat
6	7 10:00 DDI bridge	8 10:00 to noon DDI bridge	9 Yom Kippur (no programs)	10 10:00 to noon DDI bridge	11 10:00 to 1:00 DDI board games 10:30 DDI Canasta 2:00 Co-op Friends	12
13	14 10:00 DDI bridge	15 10:00 to noon DDI bridge	16 Noon GP: Fall Casserole: Pot- luck	17 10:00 to noon DDI bridge	18 10:00 to 1:00 DDI board games 10:30 DDI Canasta 2:00 Co-op Friends	19
20	21 10:00 DDI bridge	22 10:00 to noon DDI bridge	23 Noon GP: Compeer: Adult Mentoring	24 Strasbourg Railroad trip 10:00 to noon DDI bridge	25 10:00 to 1:00 DDI board games 10:30 DDI Canasta 2:00 Co-op Friends	26
27	28 10:00 DDI bridge	29 10:00 to noon DDI bridge	30 Noon GP: Mystery of Duffy's Cut	31 10:00 to noon DDI bridge		

News

SSCA Travels

Leaving from SUMC

129 Park Avenue, Swarthmore

SSCA Travels offers a series of day trips to nearby places of interest. It is an opportunity to experience those places with friends and make new friends as we travel. The Swarthmore Presbyterian Church generously provides their bus and volunteer drivers for these trips, which occur monthly. Unless otherwise noted, each trip will include transportation, entry fee, and lunch. We ask for a \$10 reservation fee, which is non-refundable. Departure times will vary and are posted on the website.

Thursday, September 26, the Rose Valley Museum and then to Media for lunch

Thursday, October 24, Strasbourg Railroad, which includes lunch

Thursday, November 14, Veterans Museum in Media and then out to Newtown Square to the Veterans Memorial, with lunch in Newtown Square.

Thursday, December 12, Peddler's Village near New Hope, with lunch there.

Registration is required. Sign up at

<https://swarthmoreseniors.com/sign-up>

Community Events

Fine Arts and Crafts Festival is on Park Avenue, Saturday, September 21, with local fine arts.

Makers Market is on Sunday, November 3, 11:00 a.m. to 3:00 p.m., where local arts and crafts are featured and sold. Park Avenue and South Chester Road.

[SwarthmoreSeniors.com](https://swarthmoreseniors.com)

What is our place in the community?

A Report from the Board Retreat

Every summer the Board of Directors and our esteemed Council of Advisors gather for a retreat to discuss larger and longer-term issues for the Association. Our theme this year was a double-entendre question: What is our place in the community? The two meanings being explored were, What is our role in the community? and What is our (physical) location in the community?

The role of seniors in our community is not as simple as it might seem. We think we're pretty special, but others may think otherwise. And sometimes we may think we are MORE important, perhaps deserving special treatment or privileges that others are less entitled to. Our Board was pretty clear that we are not looking for special privileges, but we are looking for a level playing field. For example, while our quest for nice smooth sidewalks is certainly to our benefit, it is not only for us that we push this issue. In another example, we had to concede that we were getting a special privilege (in this case, reserved parking in the entire block of Park Avenue for Wednesday Gathering Place) and that perhaps it should be curtailed to benefit only those for whom it would provide that level playing field, i.e. those with mobility problems.

The physical location of seniors in our community is, in some ways, a trickier question. Should there be a senior center in town, like other towns have? Or should we participate in a multi-generational community center? Should we all be joining the Schoolhouse Senior Center just a few blocks away on Swarthmore Avenue? Our SSCA activities have grown to the extent they cannot be contained in a single location, or at least not in the locations we currently occupy. Our beloved Dew Drop Inn on South Chester Road is great for small gatherings of a dozen or fewer people, but many of our activities are far larger than that. The Dew Drop also affords us a certain amount of visibility, though even that is questionable since it is only active a couple of hours each day, and not every day at that. These are hard choices that the Board will have to make over the next few weeks as we consider the needs of the community, the changes that are already happening in the downtown area, and the future of our organization,

Here are some of the parameters that the Board has established: Seniors belong in the center of the community, both in the role we play and where we are located. Seniors want to contribute to a lively downtown, coordinating with other community groups and entities like the Library to keep the revitalization going that started in the last few years.

Do you have thoughts about these choices? Please let us know by emailing us at SwartmoreSeniors@gmail.com.

Aging-in-Place Grows Up

A number of the programs that SSCA sponsors have been under the auspices of Aging in Place. We have been fortunate in the last two years to receive a grant from the Borough of Swarthmore to implement several recommendations of the Aging-in-Place Task Force report of 2015. Several of these projects have leadership in place and are doing quite well. Bill Davis has done a yeoman's job of heading up all of Aging in Place for three years now.

The Board of Directors of SSCA has decided that several of these programs are operating more as basic SSCA programs than as a subset of the Aging-in-Place effort. Certainly they are still related to A-i-P, and our funding requires that we account for them separately, but it is time for the Nether-Swarthmore TimeBank, SSCA Travels, Swarthmore Sidewalk Committee, Swarthmore Walks and Trails, and the Senior Wellness Fair to be their own committees and report directly to the Board of Directors. There should be little if any effect on the members and friends of the Association, or the participants in these programs.

Our Aging-in-Place Committee will continue to monitor the implementation of other recommendations of the original Task Force. For example, the planning and zoning changes that were recommended to provide wider choices in housing will continue to be a focus. Already the Borough Council has approved provisions for caregiver living units within the confines of a single-family home, and for unrelated adults living together in a single-family home. The Aging-in-Place Committee will continue with those types of efforts, along with accessibility

improvements to downtown and to the SEPTA station, providing transportation connections to medical and shopping locations, and tracking other projects that are beyond the scope of SSCA.

We are still looking for a leader for SSCA Travels, our monthly day trips to museums, parks, and other attractions. If you know someone who might be good at this (or who might want to share the job with someone else) please contact SwarthmoreSeniors@gmail.com.

Here's All That We Do (or Want to Do)

Communications

The printed newsletter comes out every other month (September, November, January, March, and May) and includes a calendar of events for the next 60 days. The e-newsletter comes out every Monday morning all year, usually concentrating on activities and news for the current week, but sometimes giving advance notice of activities. The website is kept current and has contact information for finding further information. It also is a repository of information on past events, giving visitors a sense of who we are and what we do. The website is also the place where participants can sign up for trips and other activities, and make payments for those trips, make an annual donation, or make a special donation to the Association. Finally, there are a lot of resources listed there!

Swarthmore 101

It is a dream of the Association to produce a regular (maybe quarterly) event that would welcome newcomers of all ages to the Swarthmore community. People would meet others who have also recently arrived, and they would be provided with information on how our community works, what is offered in the way of activities and ways to get involved, and what are some of the interesting aspects of their new community. The idea is to make people feel welcome, to give them important information (trash pick-up, sidewalk maintenance, taxes, annual events, school calendars), and to give them an opportunity to meet their neighbors.